

## Is ACT Effective?

Assertive Community Treatment is generally considered an effective and fundamental element in the treatment of severe mental illness. It is included as one of only six Evidence-based Practices for Severe Mental Illness:

- Assertive Community Treatment
- Illness Management and Recovery
- Integrated Dual Disorders Treatment
- Family Psychoeducation
- Supported Employment
- Medication Management

We are able to provide all of these evidence-based practices through our ACT Team.

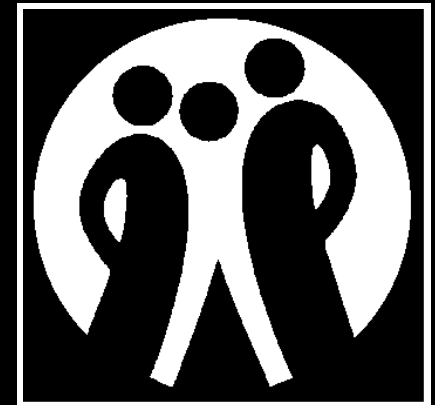
Researchers have found that compared to traditional approaches to care, ACT results in:

- lower number of hospitalizations
- better quality of life
- more independent living
- better substance abuse outcomes
- higher rates of competitive employment
- greater consumer and family member satisfaction

## Principles of ACT

- Services are targeted to a specific group of individuals with severe mental illness.
- Rather than brokering services, treatment, support and rehabilitation services are provided directly by the ACT team.
- Team members share responsibility for the individuals served by the team.
- The staff to consumer ratio is small (about 1 to 8).
- The range of treatment and services is comprehensive and flexible.
- Interventions are carried out more in the community rather than in hospital or clinic settings.
- Services are more available outside of business hours.
- There is no arbitrary time limit on receiving services.
- Treatment, support and rehabilitation services are individualized.
- The team is assertive in engaging individuals in treatment and monitoring their response.

# Assertive Community Treatment



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## What is Assertive Community Treatment?

ACT is a way of delivering a full range of services to people who have been diagnosed with a severe mental illness including:

- Schizophrenia,
- Bipolar Disorder,
- Other Thought Disorders

The goal of ACT is to keep people out of the hospital and help them to have a life that isn't dominated by having a mental illness.

People may benefit from ACT who:

- experience persistent and severe symptoms
- have had multiple hospitalizations
- have difficulties with living independently
- have difficulties working competitively
- have substance abuse issues

ACT is often helpful for those who have not benefited from traditional approaches to providing treatment.

## How is ACT Different from Other Services?

### *Team approach to service delivery*

Services are delivered directly by the team as opposed to being brokered from other agencies or providers. Instead of having individual caseloads, team members are jointly responsible for making sure each person receives the services he or she needs to support his or her recovery from mental illness.

### *Low staff-to-consumer ratio*

Typically, there is about one team member for eight people receiving services.

### *Services are provided where they are needed*

Most of the services provided by ACT are provided in the community.

### *Services are provided when they are needed*

Team members may interact with a person with acute needs multiple times a day even after business hours. As the individual stabilizes, contacts decrease.

### *Uninterrupted care*

If a team member goes on vacation or leaves, the services a person is receiving are not interrupted.

## What is the Professional Composition of ACT?

Since an ACT team is responsible for providing a broad array of treatment, rehabilitation, and support services, team members must have a wide range of knowledge and experience. Our Team consists of:

- A Team Leader
- A Mental Health Professional
- Several Part-time Psychiatrists
- Several Registered Nurses
- A Substance Abuse Specialist
- An Employment Specialist
- A Program Assistant

## In What Areas will ACT Provide Assistance?

- Daily Activities
- Health
- Family Life
- Medication Support
- Work Opportunities
- Housing Assistance
- Entitlements
- Financial Management
- Substance Abuse Treatment
- Counseling